HEALTH - SCIENCE - SPIRIT

Walter Last

Author ~ Natural Therapist ~ Nutritionist

The health of the medical drug industry is best served by people living long with chronic diseases.

Miraculously that is just how our society evolved!

ABOUT THIS SITE & THE AUTHOR

About This Site	My Basic Philosophy - by Walter Last
About the Author	The Bulgarian Interview - *The Walter Last Story*

HEALING THE BODY

Read This First - *Start with the Basics*	Hypercoagulation - *Cause of Heart Attack, Stroke, Muscle & Joint Pain, Fatigue, Brain Degeneration.*
Acid - Alkaline Balance	Increase Your Energy - *with alternative oxygen supply systems*
Alkalizing - Sodium Bicarbonate & Potassium Citrate	Instant Cure of the Common Cold
Are Most Diseases Caused by the Medical System?	Iodine: Bring Back the Universal Nutrient Medicine
Are Most Diseases Caused by the Medical System? *This is the PDF file of the Article inNexus Magazine.*	Iris Diagnosis
Basic Cleanse	Kerosene - A Universal Healer
Bob Beck Interview - *Electronic Zapper, Magnetic Pulser, etc.*	Lipase & the Fat Metabolism
Breasts, Bras & Babies	Living Water
Bulgarian Interview - *with frequently asked questions.*	Magnesium Chloride for Health & Rejuvenation *PDF Article from Nexus Magazine*
Calcium EAP for Healthy Cells	Magnesium Chloride for Health & Rejuvenation
Cell Salts	Magnesium Oil
Chasing the High ORP - Ionised Water	Magnet Therapy
Colloidal Silver	Managing the Immune System
Color Therapy	Miracle Mineral Supplement
Copper & Zinc Salicylates- *Inflammation Fighter & Rejuvenator*	MMS2 or Calcium Hypochlorite - *a new Miracle Mineral*
Deficiency Symptoms - *Are you lacking in some nutrients?*	MMS Mode of Action
Dental Problems	More Energy & Less Disease - *with vitamin C & MSM*
Ear Acupuncture	MSM & DMSO - *two amazingly versatile & effective remedies*
Electromagnetic Pollution	MSM as a Versatile Healer
Electronic Zapper & Magnetic Pulser	Muscle Testing
Essential Oils & Aromatherapy	Oxygen Therapies
Exercises	Reflexology
Flower Remedies	Sodium Chlorite - The Miracle Mineral Solution (MMS)
Healing the Body - Part 1	Spinal Therapy & Massage
Healing the Body - Part 2	Swine/Bird Flu Protection
Healing Crisis	The Basic Cleanse
Healing with Oxygen ***NEW!***	The Borax Conspiracy
Health Improvement Program - *Healthy Living, Holistic Healing*	The Shaken Baby Fiction
Healthy Living	TheUltimate Cleanse
Homeopathy	Urine & Urea Therapy
Homeopathy - Cell Salts	Warning - Iodine in Lugol's Solution

DISEASES

Additional Therapy for all Disease - Ultimate Cleanse	Instant Cure of the Common Cold - *& other mucus problems.*
Alzheimer's Disease Caused by Paracetamol	Lupus Erythematosis (SLE)
Are Most Diseases Caused by the Medical System	Mentrual Problems
Arthritis & Rheumatism - A Holistic Therapy	Mental Illness - a Holistic Therapy
The Truth About Asthma	Myesthenia Gravis - a Holistic Therapy
Candida & the Antibiotic Syndrome	Parkinson's Disease - a Holistic Therapy
Candida Test - *Find out if you may be affected*	Pleomorphic Microbes - *the Hidden Cause of Cancer & Autoimmune Diseases*
Cardiovascular Disease & the Cholesterol Saga	Pyroluria - *a frequent liver problem underlying many chronic diseases*
Disease Categories	Read This First
How to overcome Chronic & Autoimmune Disease	Specific Health Problems

CANCER

Alkalizing Tumours	Combining Natural & Conventional Cancer Therapies
Bicarbonate Maple Cancer Treatment	Diversity of Natural Cancer Therapies
Bob Beck Cancer Remissions	High pH Therapy for Cancer
Bob Beck Interview	The Holistic Cancer Solution
Cancer Article - Nexus Magazine - *Proof That Cancer Surgery Increases Mortality - PDF*	Hydrazine Sulphate
Cancer Cleansing	Is Invasive Cancer a Hyphal Fungus?
Cancer Diets	Is Invasive Cancer a Hyphal Fungus? *Nexus Mag - PDF*
Cancer Mind Therapies	Is the Current Treatment of Cancer Self-Limiting?
Cancer Nutrients	No One Needs to Die of Cancer
Cancer Overview	Orthodox Cancer Treatments
Cancer Remedies	Overcoming Cancer - an 8-part program
Cancer Strategies	Persecution of Natural Cancer Therapists
Cancer Surgery and Mortality	Proof That Cancer Surgery Increases Mortality
Cansema User's Guide: Skin Cancer Treatment System	Physical Cancer Therapies
Cause & Prevention of Cancer	The Love Cure - for Cancer & Other Diseases
Cancer Therapy - A New Direction	The New Medicine of Dr Hamer - Emotional Causes
Cesium Therapy	The Treatment of Cancer with Phenergan

DIABETES

Diabetes - How I See It	Holistic Diabetes Treatment - *or how to help yourself.*
The Truth about Diabetes	Adverse Effects of Human Insulin

HAEMOCHROMATOSIS

Antioxidants for Haemochromatosis	Natural Therapy for Haemochromatosis

KIDNEY DISEASE

Kidney Disease - A Holistic Therapy	Urine Therapy Prevents Kidney Failure

SUMMARY OF HEALTH PROBLEMS

CLICK HERE - For an overview of your particular health issue.

Listed below are many of the diverse articles in this Summary.

Introduction - AIDS - Addictions, Allergies, Anaemia, Arthritis, Asthma, Autoimmune Diseases, Back Problems, Broken Bones, Cancer, Candida, Cardiovascular Disease, Chronic Fatigue Syndrome, Colds, Depression, Diabetes, Digestive Disorders, Epilepsy, Eye Problems, Headaches & Migraines, High Blood Pressure, Hyperactivity (ADD), Infections & Inflammations, Insomnia, Kidney Problems, Liver& Gallbladder Problems, Malabsorption, Menstrual Problems, Mucus Problems, Multiple Sclerosis (MS), Muscular Dystrophy, Myasthenia Gravis, Obesity & Overweight, Osteoporosis, Parasites, Pain, Parkinson's Disease, Prostate Problems, Schizophrenia, Scleroderma, Skin Problems, Thyroid Problems, Vaccination Damage, Wounds and Burns.

HEALING FOODS

Chapter 1: BASIC HEALTH IMPROVEMENT	**Chapter 3: HEALTH FOODS AND NUTRIENTS**
Introduction to Healing Foods	Health Foods and Nutrients
The Road Towards Disease	Vitamins
The Road Towards Health	Minerals
Intestinal Sanitation	Amino Acids
Fasting and Cleansing	Digestive Enzymes
Allergy Testing	Supplements
General Diet Rules	Herbs
Chapter 2: FOOD GROUPS AND DIETS	**Chapter 4: PROBLEM FOODS AND FOOD PROBLEMS**
Food Groups	Cow's Milk Products and Lactose
Food Groups Chart For Blood Types	Wheat and Gluten
Food List for Blood Types	Sweet Food
Health Diets	Meat and Fat
High Quality Diet	Chemicals and Other Food problems
Hypoglycemia Diet	**Chapter 5: PROBLEM FOODS AND FOOD PROBLEMS**
Raw Food Diet	Metabolic Types
Recipes	Metabolic Pathways
Slimming	Diets for Metabolic Types
Water and Juices	

ENERGIES

Acupressure and Meridian Therapy	Homeopathy
Bio-Energies	How Magnetic Poles Are Named
Brown's Gas for Health	Karezza
Channeled Energy Devices	Magnet Therapy
Energy Healing	Time-warped Photo of Jesus
Energies Introduction	Sex and Spirituality
Healing with Rotating Magnets	Sexuality
Healing with Sex - 6 Part Series	The Calligaris Method

HEALING OUR EMOTIONS

The World of Feelings and Emotions	Karezza - The Art of Making Real Love
Cupid's Poisoned Arrow	Learning to Feel
Emotions and Relationships	Poems by Robina Adamson
Emotional Security in Children	Sexuality
Healing Social Relationships	The Love Cure of Cancer and Other Diseases
Healing with Sex - 6 Part Series	The New Medicine of Dr Hamer - Emotional Causes

HEALING THE MIND

Healing the Mind - Categories	Mind Tools - 3 Part Series
Healing the Mind - 2 Part Series	Healing Social Relationships

HEALING WITH SEXUAL ENERGY

Bio-Energy and Sex	Sex and Spirituality
Healing with Sexual Energy - Introduction	Sexual Relationships
Sex and Health	The Neurochemistry of Sex
Sex and Rejuvenation	

SPIRITUALITY

Health and Spirituality - Introduction	Sex and Spirituality
An Integrated Spiritual Path	The Science of Spirituality - A Technical Outline
My Basic Philosophy on Health and Spirituality	In the Beginning - Mali & Robina Adamson
A Spiritual Path for the New Millenium	Mali's Story - a real-life spiritual adventure
The Spiritual Path	The Meaning of Life - some thoughts on Mali's story
Spirituality - Categories	Timeless Living - The Rejuvenation Program eBook
The Spiritual Dimension	The Saint and his Virgin
Karezza as a Spiritual Journey	Time-warped Photo of Jesus
Spiritual Sex	The Magic Presence - Spirituality

SCIENCE AND SPIRITUALITY

Abstract of 5D Vortex Theory	Life and the Universe- Energy Structure - Part 4
Diagrams	Life and the Universe- Law of the Universe - Part 5
Energy and Matter in Five Dimensions	The Particle Zoo - A Spiritual Theory of Matter
Life and the Universe- Introduction - Part 1	The Science of Spirituality - Introduction
Life and the Universe- History - Future - Part 2	The Science of Spirituality - Part 1
Life and the Universe- Path of the Soul - Part 3	The Science of Spirituality - Part 2

Disclaimer: The aim of this web site is to provide information on using natural healing methods to aid in the treatment of illness and health improvement.
The author cannot accept any legal responsibility for any problem arising from experimenting with these methods. For any serious disease,
or if you are unsure about a particular course of action, seek the help of a competent health professional.

© Copyright Walter Last & Austpac Productions. All Rights Reserved. | Web Design by Austpac.